



Porky Penne

with Spinach and Cheddar

Family 20 Minutes • 1 of your 5 a day

11



-  Onion
-  Pork Mince
-  Garlic Clove
-  Italian Style Herbs
-  Penne Pasta
-  Worcester Sauce
-  Finely Chopped Tomatoes
-  Red Wine Stock Paste
-  Cheddar Cheese
-  Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Large Saucepan, Frying Pan, Wooden Spoon, Garlic Press, Colander, Grater, Bowl.

Ingredients

	2P	3P	4P
Onion**	1	1	1
Pork Mince**	240g	360g	480g
Garlic Clove**	1	2	2
Italian Style Herbs	1 pot	1 pot	1 pot
Penne Pasta 13	180g	270g	360g
Worcester Sauce 13	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	1 sachet	1½ sachet	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Cheddar Cheese** 7	60g	90g	120g
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	621g	100g
Energy (kJ/kcal)	3432/820	552/132
Fat (g)	29	5
Sat. Fat (g)	13	2
Carbohydrate (g)	90	14
Sugars (g)	22	4
Protein (g)	46	7
Salt (g)	3.21	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Fry the Pork

a) Bring a large saucepan of **water** to the boil over high heat with **½ tsp** of **salt**.

b) Heat a drizzle of **oil** in a large frying pan on high heat and add the **pork**. Cook until browned, 2-3 mins. Break it up with a spoon as it cooks, then drain and discard any excess fat. **IMPORTANT: Wash your hands after handling raw mince. The mince is cooked when it is no longer pink in the middle.**

c) Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Add the **onion** to the **pork**, stir and cook until softened, 3-4 mins.

d) Stir in the **garlic** and sprinkle over the **Italian herbs**. Cook, stirring, for 1 min.



Wilt the Spinach

a) While the **sauce** cooks, grate the **Cheddar**.

b) When the **sauce** is cooked, add the **spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.



Cook the Pasta

a) Meanwhile, add the **penne** to the saucepan of **boiling water** and bring back to the boil. Cook until tender, 12 mins.

b) When cooked, drain in a colander and pop back into the pan. Drizzle with a little **oil** and stir through to stop it sticking together.



Finish Up

a) Toss the **drained penne** through the sauce along with **half** the **Cheddar**.

b) Taste and season with **salt** and **pepper** if needed.



Make the Sauce

a) Meanwhile, add the **Worcester sauce** to the **pork**. Stir and allow to bubble away until evaporated, 30 secs.

b) Stir in the **finely chopped tomatoes**, **red wine stock paste**, **water for the sauce** and **sugar** (see ingredients for both amounts).

c) Bring to the boil, stirring, then reduce the heat to medium and simmer rapidly until the **sauce** thickens, 5-6 mins. **TIP: Add a splash more water if it gets too thick.**



Serve

a) Serve the **porky penne** in bowls finished with a sprinkle of the remaining **Cheddar**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.